

Be There For Your Family

Reduce Cancer Risk in North Carolina by Taking Action

Did You Know?



Eating more than 1¹/₄ teaspoon of salt daily increases your risk of stomach cancer by **51 percent**.



Fifty-two percent of N.C. adults and **76 percent** of N.C. high schoolers do not meet recommended aerobic activity guidelines.

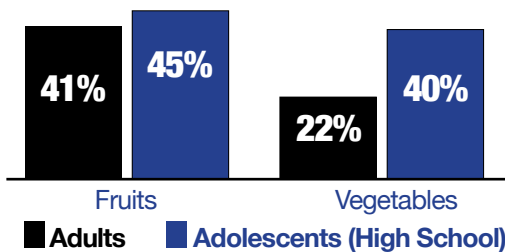


Eating a 3.5-ounce steak or burger daily increases your risk of colon cancer by **17 percent**.

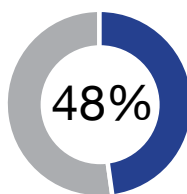
One out of three cancer deaths is caused by smoking. In N.C., only **21 percent** of people who get lung cancer survive for five years.



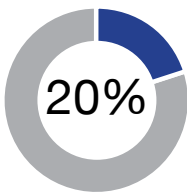
N.C. Residents Who Do Not Consume Fruits and Vegetables on a Daily Basis, 2011



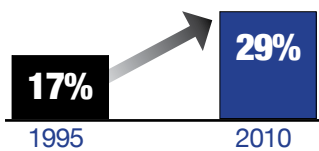
Drinking two glasses of alcohol daily increases your risk of breast cancer by **150 percent**.



Percent of Americans who do not know about the link between obesity and cancer.

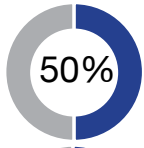


Percent of cancer cases nationally are related to obesity.

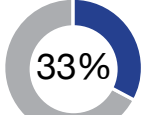


The percentage of adults with obesity in N.C. increased by **69 percent** from 1995 to 2010.

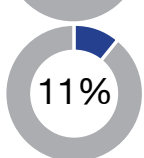
Reducing Risk of Three Common Cancers



Proper diet and physical activity could prevent 50 percent of **colorectal cancer** cases in the U.S. each year.



Proper diet and physical activity could prevent 33 percent of **breast cancer** cases in the U.S. each year.



11 percent of national **prostate cancer** cases are related to carrying excess body fat.

These three cancers addressed in the North Carolina Cancer Plan make up approximately **57 percent** of the total new cases of cancer preventable by diet, physical activity and weight management.

What Can I Do to Reduce My Cancer Risk?

BE ACTIVE



Get at least **30 minutes** of physical activity that makes you break a sweat, five days a week.

EAT HEALTHY



Eat more fruits and vegetables, drink more water and cook more meals at home.

QUITTING TAKES PRACTICE



Coaching and medications can triple your chances of quitting for good. Call **1-800-QUIT-NOW** for help to quit tobacco.

GET APPROPRIATE SCREENINGS



Ensure you receive age-appropriate screenings for common cancers to detect cancer early.

TRACK HEALTH NUMBERS



Stay on top of your health by tracking your BMI, blood sugar and blood pressure.

I Want to be There for My Family. Where do I Go for Help? Talk to your provider and visit:

www.preventchronicdiseasenc.com

Live Healthy to Be There

